WHAT IS CLAIMED IS:

A thin film structure, comprising:
 a substrate; and

an annealed thin film layer on said substrate, said annealed thin film layer including a magnetic material and an oxide material, wherein the annealing of said annealed thin film layer effects the exchange coupling between the grains of said magnetic material.

- 2. The thin film structure of claim 1, wherein said annealed thin film layer is annealed for a period of time in the range of about 30 seconds to about 30 minutes.
- 3. The thin film structure of claim 1, wherein said annealed thin film layer is annealed at a temperature in the range of about 200 °C to about 700 °C.
- 4. The thin film structure of claim 1, wherein said magnetic material includes at least one of Fe, Co, Ni, or alloys thereof with Pt, Cr, Pd or Sm.
- 5. The thin film structure of claim 1, wherein the grains of said magnetic material have a size in the range of about 3nm to about 50nm.
- 6. The thin film structure of claim 1, wherein said oxide material includes at least one of Al2O3, NiO, Sm2O3, ZrO2, TiO2, SiO₂, HfO₂, CoO, Co₂O₃ or CrO₂.
- 7. The thin film structure of claim 1, wherein said annealed thin film layer is structured and arranged for data storage.
- 8. A magnetic recording medium formed on a substrate, comprising:
 an underlayer on the substrate; and
 a magnetic recording layer on said underlayer, wherein said magnetic recording layer is annealed to effect the exchange coupling between grains of said magnetic recording layer.
- 9. A method for effecting exchange coupling in a thin film, comprising:
 heat treating the thin film to effect exchange coupling between grains that
 form the thin film.
- 10. The method of claim 9, wherein the heat treating is performed for a period of time in the range of about 30 seconds to about 30 minutes.
- 11. The method of claim 9, wherein the heat treating is performed at a temperature in the range of about 200 °C to about 700 °C.

- 12. The method of claim 9, wherein the heat treating is a vacuum anneal process or a rapid thermal anneal process.
- 13. A method for forming a thin film, comprising:

 depositing a thin film layer on a substrate; and
 annealing the thin film layer to effect exchange coupling in the thin film
 layer.
- 14. The method of claim 13, wherein the depositing of the thin film layer includes co-depositing a magnetic material and an oxide material.
- 15. The method of claim 14, wherein the effected exchange coupling occurs between grains of the magnetic material.
- 16. The method of claim 15, wherein the effect on exchange coupling is an increase in the exchange coupling between grains of the magnetic material.
- 17. The method of claim 13, wherein the annealing is performed for a period of time in the range of about 30 seconds to about 30 minutes.
- 18. The method of claim 13, wherein the annealing is performed at a temperature in the range of about 200 °C to about 700 °C.
 - 19. A thin film magnetic structure made according to the method of claim 13.
- 20. A magnetic recording medium including a thin film magnetic structure made according to the method of claim 13.